

For Breastfeeding Women Only



Pink Salmon

Canned pink salmon as printed on WIC check.

Size: **7.5 or 14.75 ounce can**

Cannot buy red, boneless, smoked, or in pouches.

- OR -

Tuna



Water packed, dolphin safe chunk light tuna as printed on WIC check.

Size: **6 ounce can**

Cannot buy Albacore or white tuna.



Carrots

Fresh package or loose whole carrots without tops in quantity printed on WIC check.

Size: **1 or 2 pounds**

Cannot buy fresh cut or baby carrots.

For Infants



Infant Formula

Iron fortified formula as printed on WIC checks.

Cannot buy low iron formula.

Infant Cereal

Beechnut and Gerber Brands Only

Barley, Mixed, Oatmeal, or Rice.



Size: **8 or 16 ounce box**

Cannot buy high protein cereals or cereals with yogurt, fruit, or infant formula.

-Organic Foods Not Allowed-



Linda Lingle, Governor

Chiyome Leinaala Fukino, M.D., Director of Health

Hawaii State Department of Health
WIC Services Branch

WIC is an equal opportunity provider and employer.

Hawaii WIC Program Food List



Milk

Fluid pasteurized: whole, reduced (2%), lowfat (1%), or fat free (skim or nonfat) in **gallon** size containers or as printed on WIC checks.

May be calcium plus or extra rich.

Any **evaporated** milk in a **12 ounce** can.

Any **powdered** milk up to the quantities specified.

Recombined pasteurized milk may be substituted for fluid milk.

Must be domestic.

Least Expensive Brands Recommended.

Cannot buy any goat, rice, soy, or flavored milk.

When Printed on WIC Checks

Acidophilus, Lactose-Free, or Lactose-

Reduced: whole, 2%, 1%, or fat free in ½ gallon container only.

May be calcium fortified.

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www.hawaiiwic.com

For Information on Oahu Call 586-8175

On Neighbor Islands Call Toll Free 1-888-820-6425

Peanut Butter

Plain, smooth, chunky, crunchy, extra crunchy, natural, or reduced fat.



Size: **8 ounce jar or larger to equal up to 18 ounces**

Cannot buy “peanut butter spread,” or with added jam, jelly, honey, chocolate or flavors, or in squeeze tubes.

Beans, Peas, and Lentils

Dried beans, peas, and lentils.



Size: **8 ounce package or larger to equal up to 16 ounces**

Cannot buy cooked, canned, or frozen beans, peas, or lentils, or mixed beans with flavor packet, grains, or spices.

Juice



All Juice Must Be: 100% juice, with no sugar added, with at least 120% Daily Value (DV) for vitamin C.

Frozen Concentrate in 10 oz.-12 oz. Cans These Brands Only

Apple – Best Yet, Minute Maid

Orange – Minute Maid (Original, Pulp Free, Low Acid or Original with Calcium)

Pineapple – Dole

Purple Grape – Welch’s (yellow pull strip)

White Grape – Welch’s (yellow pull strip)

Ready to Use in 46 oz. Plastic Bottles These Brands Only

Apple – Juicy Juice, Treetop

Juicy Juice (All flavors and blends)

Vegetable – V8 100% Vegetable Juice (Original or Low Sodium)

Cannot buy non-frozen concentrate and any juice with added zinc or other nutrients.

Cereal



Kix

Life

Product 19

Special K

Crunchy Corn Bran

Bran Flakes – (Post)

Cream of Wheat, Regular Flavor Only, Instant, 1 minute, 2 ½ minute, or 10 minute (Nabisco)

Chex - Corn, Rice, Wheat, Multi Bran

Corn Flakes – Best Yet, Kellogg’s,

General Mills (Country Corn Flakes),
Western Family

Crispy Rice – Best Yet, Ralston, Safeway,
Springfield, Western Family

Frosted Mini-Wheats Bite-Sized – (Kellogg’s)

Honey Bunches of Oats - Honey – (Post)

Instant Oatmeal, Regular Flavor Only, box of individual packets (Quaker)

Toasted Oats – Best Yet, Safeway, Springfield,
General Mills (Cheerios, Multi Grain
Cheerios), Western Family

Total – Whole Grain

Size: **9 ounce box or larger to equal up to 36 ounces**

Cannot buy more than 36 ounces of cereal.

Cheese



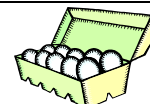
Cheddar, Colby, Mozzarella, Swiss, or Monterey Jack.

Mild, medium, sharp, extra sharp, reduced or fat free. Must be domestic or plain in block, ball, or shredded.

Size: **8 ounces or larger to equal up to 16 ounces**

Cannot buy sliced, cube, string, imported, deli cheeses, or cheese with peppers, herbs, or flavors.

Eggs



White, Grade A Chicken Eggs.

Size: **One dozen medium or large**

Cannot buy brown, fertile, or pasteurized eggs.